Does Mouth Tape Help Reduce Snoring? This Is What You Need to Know

If there is one problem that many of us have at night, that's snoring. Some individuals may experience occasional snoring after having a long day of work. While others find themselves snoring almost every night which disrupts their sleep and makes them feel tired throughout the next day.

If you've done some research on the subject of snoring reduction and tried to find some natural solutions for your nighttime issues, then there's a chance you have encountered something called mouth tape.

But will mouth tape help with snoring? Is it some miracle cure, or is it simply another fad from the social media?

Unfortunately, the answer is not quite straightforward. While mouth tape can potentially help in reducing the frequency and intensity of the snoring in some cases, it doesn't solve the problem for everyone.

At Nerea Uno LLC, we know that the secret of better sleep is good breathing. In this guide, we will tell you everything about the effects of the mouth tape.

What Causes Snoring?

Snoring occurs when there is difficulty in breathing due to blocked airways during sleep. The pressure exerted as the air passes through the constricted air passage causes vibration of the surrounding tissue, resulting in the characteristic sound of snoring.

There are various reasons for this, some of which are:

* Mouth breathing during sleep
* Congested nasal passage due to allergy or cold
* Overweight neck
* Back sleeping position
* Drinking alcohol before sleep
* Aging, which results in relaxation of the throat muscles
* Various sleep disorders such as obstructive sleep apnea

As there are various reasons behind snoring, there are no single remedies for this problem.

How Does Mouth Tape Function?

Mouth tape is an innovative tape, applied to the closed lips before bedtime. Why? The goal of mouth tape is to switch from mouth breathing to nasal breathing.

A clean nose makes it possible for you to breathe through the nose more effectively because of a number of benefits associated with nasal breathing. The nose serves as a filter for dust and allergens, warms and moisturizes the air and allows for more comfortable airflow.

For people who tend to sleep with the mouth open, mouth tape will be just a way to remind them to keep their lips closed.

Remember that mouth tape will not force any person to breathe through the blocked nose.

Does Mouth Tape Stop Snoring?

Yes, for people who snore due to mouth breathing—possibly.

Snoring that stems from breathing through the mouth during sleep can be curtailed through switching to breathing via the nose.

That said, mouth tape would not be effective in treating snoring that results from:

* Obstructive sleep apnea
* Large tonsils
* Nasal obstruction
* Airway structural issues
* Obesity that affects airways

Mouth tape is but one of the pieces of the puzzle.

The Importance of Nasal Breathing

There is a general tendency among many people to underrate the importance of nasal breathing while asleep.

This is because the nose naturally:

* Filters any particles that are in the air
* Moisturizes inhaled air
* Manages air flow
* Enhances oxygenation

* Generates nitric oxide which is useful in the health of circulation and respiration

Some individuals have been able to benefit from mouth taping by having quiet sleep and reduced cases of dry mouth and sleep discomfort.

When Is Mouth Tape Recommended?

Individuals who may benefit from mouth tape include those who:

* Always wake up with a dry mouth
* Often notice that they sleep with their mouth open
* Have a little snoring problem
* Aim to foster nasal breathing
* Always wake up feeling thirsty
* Have a healthy and clean nose before sleeping

When Is It Inappropriate to Use Mouth Tape?

It is not suitable for everyone.

The use of mouth tape is not recommended for people who:

* Are suffering from undiagnosed obstructive sleep apnea
* Cannot inhale through their nose
* Suffer from severe allergies that make their nose completely blocked
* Are having a cold or a sinus infection
* Have trouble breathing while sleeping
* Suffer from skin conditions on their lips that may be affected by the adhesive

If you are a loud snorer, experience pauses in breathing, feel exhausted despite adequate sleep duration, you need to consult a doctor rather than use mouth tape.

How to Use Mouth Tape Safely

If you plan to try mouth tape, a few easy-to-follow practices will help increase your comfort level and stay safe.

Use a tape intended for overnight use instead of ordinary household tape.

Before applying:

* Make sure that your nose is not blocked.
* Clean and dry the area around your lips.
* Do not put too much lip balm under the adhesive tape.

* Apply the tape carefully without pulling your lips apart.

If you feel uncomfortable or have trouble breathing through the nose, take off the tape right away.

Does Mouth Tape Enhance the Quality of Sleep?

There might be people who experience improvements in sleep due to better breathing practices.

Benefits mentioned by users include:

* Dry mouth in the morning is reduced
* Nighttime awakenings are decreased
* Sleeping quietly
* Better breathing
* Feeling more refreshed when waking up

Individual experiences vary, and the scientific evidence about mouth taping is just beginning to accumulate. Early results look good, but further research is required.

Other Methods to Minimize Snoring Naturally

While using mouth tape is one way to minimize snoring problems, there are other methods to use in conjunction.

Some include:

* Sleeping in positions other than lying flat on the back
* Weight management
* Avoidance of alcoholic drinks in the evening
* Seasonal allergy treatment
* Humidification of the air in the bedroom
* Adherence to regular sleeping hours
* Proper hydration during the day

The smallest changes in lifestyle are generally most effective when used in combination, rather than by themselves.

Choosing Good Mouth Tape

It should be noted that all mouth tapes aren’t created equally.

Good mouth tape should be:

* Skin-friendly
* Breathable
* Comfortable enough to be used while sleeping
* Easy to take off
* Specifically designed for sleep

Comfort is important because the probability of maintaining a healthy sleep regime is much higher if the product is comfortable to use.

Concluding Notes

So, will mouth tape help with snoring?

If your snoring is connected to mouth breathing while asleep, then mouth tape will definitely have a significant effect on you. It will contribute to more peaceful sleep, less dry mouth, and healthy breathing in general.

Nevertheless, it won't cure all kinds of snoring. Constant, loud, or irregular snoring may be a symptom of something more serious than that.

Our mission at Nerea Uno LLC is to assist you in creating good sleep habits. If you want to have an easy way to practice nasal breathing, using mouth tape for sleep may be a good idea.

Frequently Asked Questions

1. Does mouth tape eliminate snoring?

Not necessarily. Mouth tape may decrease snoring resulting from mouth breathing, although not all causes of snoring will be fixed.

2. Is mouth tape safe to use daily?

If you are a healthy adult able to breathe normally through your nose, it is perfectly safe to use mouth tape at night. If you have any breathing problems, make sure to ask a doctor's opinion before trying mouth tape.

3. Can mouth tape prevent dry mouth?

Certainly. Keeping your mouth closed while sleeping with mouth tape may decrease moisture loss and thus help you avoid having a dry mouth in the morning.

4. Is mouth tape a remedy for sleep apnea?

Definitely not. Sleep apnea requires medical treatment, and mouth tape will be of no help.

5. How long will it take before seeing results?

Some people will see a difference after a few days, whereas some might require several weeks to know if it is effective.

6. Can I use ordinary tapes at home?

No. You should always use tapes that have been designed specifically to use overnight on your lips.

7. Does lying on one side decrease snoring?

Yes. Lying on the side usually helps prevent the air passage from becoming blocked.

8. How do I get good mouth tape?

You should always go for tapes produced by reputable manufacturers who focus on making comfortable and safe tapes designed to be used overnight, like Nerea Uno LLC.

Visit our store for 60% OFF - https://nereauno.com